

CLAIMS

We claim:

- 1 1. A handle assembly for use with a weight stack or resistance machine, comprising:
2 a handle;
3 a pulley connectable to a weight stack or resistance machine; and
4 a cord which passes through said pulley and is connected to said handle at two
5 points separated along a length of said handle, said handle being freely rotatable about a
6 longitudinal axis passing through the handle and being freely shiftable, movable or
7 turnable with said cord passing through said pulley during shifting, moving or turning.
- 1 2. The handle assembly as recited in claim 1 wherein said cord is made of rope.
- 1 3. The handle assembly as recited in claim 1 wherein said cord is made of rubber
2 material.
- 1 4. The handle assembly as recited in claim 1 wherein said cord is or includes a metal
2 cable.
- 1 5. The handle assembly as recited in claim 1 further comprising a protective sheath
2 positioned over said cord at one or more locations.
- 1 6. The handle assembly as recited in claim 1 further comprising a swivel connector
2 associated with said pulley.
- 1 7. The handle assembly as recited in claim 1 wherein said handle includes a golf club
2 grip.

- 1 8. The handle assembly as recited in claim 1 wherein said handle includes at least a
2 portion of a softball or baseball bat.
- 1 9. The handle assembly as recited in claim 1 wherein said handle includes at least a
2 portion of a hockey stick.
- 1 10. The handle assembly as recited in claim 1 wherein said handle includes at least a
2 portion of a tennis racket.
- 1 11. The handle assembly as recited in claim 1 wherein at least one of said two points
2 where said cord and said handle are connected includes a member which encircles said
3 handle and permits rotation of said handle within said member.
- 1 12. The handle assembly as recited in claim 1 wherein at least one of said two points
2 where said cord and said handle are connected includes washer assembly which fits
3 within said handle and permits rotation of said handle relative to said washer assembly.
- 1 13. The handle assembly as recited in claim 1 wherein the handle is in the form of a ball.
- 1 14. The handle assembly as recited in claim 13 wherein said ball is a football.
- 1 15. The handle assembly as recited in claim 13 wherein said ball is a bowling ball.
- 1 16. A ball device for use with a weight stack or resistance machine, comprising:
2 a ball member; and
3 a connector connected to and spaced away from the ball member for connecting

4 the ball member to a weight stack or resistance machine, said connector permitting
5 rotation of said ball member about an axis through said ball member which extends to
6 said connector, and said ball member being freely shiftable, movable or turnable with
7 respect to said connector during shifting, moving or turning.

1 17. The ball device of claim 16 wherein said ball member is a football.

1 18. The ball device of claim 16 wherein said ball member is a bowling ball.